

Creditable Foods in the CACFP

SD Department of Education
Child and Adult Nutrition Services

Creditable and Non-Creditable Foods

- Creditable Foods – Foods That Count
- Non-Creditable Foods – Foods That Do Not Count
 - Can Supply Nutrients and Calories
 - Energy
 - Nutritional
- Meal is Reimbursable
 - Creditable Foods
 - Outlined Amounts – CACFP Meal Patterns
- “Crediting Handbook in the Child and Adult Care Food Program”

Fluid Milk

- Must be Fluid
- Types:
 - Under One Year – Breast Milk or Iron-Fortified Infant Formula
 - One Year Olds - Whole milk – Strongly Recommended, Not Required
 - Two and Older - 1% or Skim
 - Nondairy Substitutes - if Nutritionally Equal to Milk

Fluid Milk (Continued)

- Breakfast or Snack
 - Beverage
 - Over Cereal
 - Combination of These Two.
- Lunch or Supper
 - Beverage
- Snack
 - Same as Breakfast
 - Milk and Juice Together – Not Creditable Snack

Meats and Meat Alternates

- Required for Lunch and/or Supper
- Option for Snack
- Extra if Served for Breakfast

Meats and Meat Alternates (Continued)

- Meat/Meat Alternates Include:
 - Lean Meat
 - Poultry
 - Fish
 - Cheese
 - Egg
 - Yogurt
 - Cooked, Dry Beans or Peas
 - If Served as Meat, Cannot Count as Vegetable in Same Meal
 - Nuts and Seeds and Their Butters
 - NOT Acorns, Chestnut, or Coconut
 - No More Than ½ of Total Amount Required

Meats and Meat Alternates (Continued)

○ Vegetarian Meals

○ Allowed

- Must Meet Meal Pattern Requirements

○ Some Vegetarian Options Not Allowed

- Tofu
- Seitan
- Tempeh

Meats and Meat Alternates (Continued)

○ Larger Servings Required

○ Yogurt:

- 4 oz. Yogurt = 1 oz. Meat Alternate

○ Labeled as:

- Cheese Foods, Cheese Substitutes, Cheese Spreads:

- 2 oz. = 1 oz. Meat Alternate

- Cheese Products or Imitation Cheese:

- **Not Creditable**

○ Cottage or Ricotta Cheese:

- 2 oz. = 1 oz. Meat Alternate

Meats and Meat Alternates (Continued)

○ Commercially Prepared Items

○ Additional Documentation Needed:

- Child Nutrition (CN) Label or Product Formulation Statement (PFS)

- Chicken Nuggets
- Corn Dogs
- Fish Sticks
- Pizza
- Etc.

Vegetables and Fruits

- Breakfast
 - Vegetable, Fruit, Juice, or Any Combination of These
- Lunch/Supper
 - Two or More
 - Vegetables and/or Fruits
 - Juice – Up to ½ of Required Serving
- Snack
 - Fruit or Vegetable is One Option
 - Fruit and Vegetable – Same Component
 - Juice and Milk Together – Not Creditable Snack

Vegetables and Fruits (Continued)

- Two Forms of Same Fruit or Vegetable at Same Meal
 - Considered One Fruit/Vegetable
 - Requirement Intended for Variety
 - Healthful Growth

Vegetables and Fruits (Continued)

- Cooked, Dried Beans or Peas
 - Vegetable
 - Meat
 - Not Both in Same Meal

Vegetables and Fruits (continued)

- Need 1/8 Cup per Serving

- Smaller Amounts

- Flavorings, Garnishes – Not Counted

- Little Nutritional Contribution

- Condiments, Seasonings – Not Creditable Foods

- Enhance Acceptability

Vegetables and Fruits (Continued)

- No Home Canned Fruit or Vegetable Products

- Health and Safety

Grains and Breads

- Required Component

- Breakfast

- Lunch

- Supper

- Option for Snack

Grains and Breads (Continued)

○ Dietary Sources of

- Iron
- Thiamin
- Niacin
- Riboflavin
- Fiber (Often)

Grains and Breads (Continued)

○ Criteria to be Creditable

- Labeled as:
 - Whole-Grain, Enriched, Made from Enriched or Whole-Grain Meal or Flour
- Cereals Labeled as:
 - Whole-Grain, Enriched, or Fortified
- Bran, Cornmeal, and Germ Credited Same Way as Meals or Flours

Grains and Breads (Continued)

○ Commercial Breads (Un-Enriched)

- French
- Vienna
- Italian
- Syrian

Grains and Breads (Continued)

○ Serving Sizes

○ Largely by Weight

○ Commercial Products

○ Compare Information on Food Label with Applicable Group on Grains and Breads Chart

○ Do Not Use the Serving Size on Nutrition Facts Label

Grains and Breads (Continued)

○ Crediting:

○ ¼ Serving is Smallest Amount

○ Must be Served as:

○ Accompaniment to, or

○ A Recognizable, Integral Part of Main Dish

○ Not Merely an Ingredient in Recipe

Grains and Breads (Continued)

- Sweets No More Than Twice a Week
- Some Grains/Breads Limited Creditability

○ Breakfast or Snacks only

○ Toaster Pastries

○ Coffee Cakes

○ Doughnuts

○ Sweet Rolls

○ Fruit-Grain/Granola Bars

○ Snacks Only:

○ Cookies

○ Dessert Pies

○ Cakes

○ Brownies

Grains and Breads (Continued)

○Homemade Grains/Breads

○Need Standardized Recipe

○Amount Whole-Grain and/or Enriched Flour or Meal

○Total Number of Servings in the Recipe

Calculating Grain/Bread Contribution

○ Need 14.75 Grams Enriched or Whole-Grain Meal and/or Flour per Serving

○ Grains and Breads Chart Reflects Total Weight of Product

○ 14.75 Grams of Flour Plus all Other Ingredients

○ Crediting Determined by:

○ Total Weight of Meal and/or Flour Divided by Number of Servings

Calculating Grain/Bread Contribution (Continued)

○**Step 1** – List Weight of Flour or Whole-Grain Ingredients in Recipe

○**Step 2** – Convert Pounds to Grams (if Needed) Multiply Pounds by 454

○454 Grams per Pound

Calculating Grain/Bread Contribution (Continued)

- **Step 3** – Divide Total Grams of Meal/Flour by 14.75
 - = Total Number of Servings of Grains/Breads in Recipe
- OR**
- **Alternate Step 3** – Divide Total Grams of Meal/Flour by Number of Servings in Recipe
 - = Amount of Flour in One Serving of the Recipe

Evaluating Recipes

- Homemade Combination Foods
 - Casseroles
 - Pizzas
 - Soups
- Make Sure Enough Each Food Item

Evaluating Recipes (Continued)

Ingredients	Amount	Meat/Meat Alternate	Fruit/Vegetable (1/4 c)	Grains/Bread (1/2 servings)
Chicken or Turkey	2 lb. 6 oz. (38 oz.)	38 oz.		
Celery	10 oz.		8.0625	
Onion	10 oz.		7.875	
Mixed Vegetables	1 lb. 10 oz. (26 oz.)		13.1625	

Evaluating Recipes (Continued)

Meat/Meat Alternate		Fruit/Vegetable (1/4 c)
38 oz. (Chicken or Turkey)		8.0625 (Celery)
		7.875 (Onion)
		13.1625 (Mixed Vegetables)
38 oz.		29.1
Divided by 1	Divided by 1.5	Meat/Meat Alternate
38 1 oz. Servings	25 1 1/2 oz. Servings	29 – 1/4 cup Servings

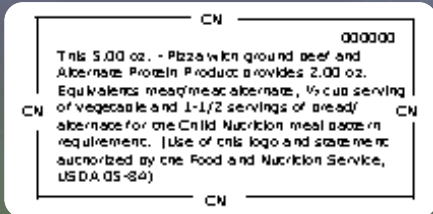
Child Nutrition (CN) Labels

- CN Labeling Program
 - Federal
 - Voluntary
 - Requires Evaluation of Product's Formulation
- No Requirement to Use Products
- Advantages
 - Clearly Identifies Contribution to Meal Patterns
 - Provides Warranty Against Audit Claims

Child Nutrition (CN) Labels (Continued)

- CN Label Will Always Contain:
 - CN Logo (Distinct Border)
 - 6-Digit Product Identification Number
 - USDA/FNS Authorization
 - Month and Year of Approval

Child Nutrition (CN) Labels (Continued)



Medical (and Non-Medical) Substitutions

- ☐ Disability
 - ☐ Threatens Major Life Activity
 - ☐ Substitutions Must be Made
- ☐ Not a Disability
 - ☐ Unable to Consume Regular Meal
 - ☐ Medical or Other Special Dietary Needs
 - ☐ Supported by Medical Statement
 - ☐ Recognized Medical Authority
 - ☐ Allowable, Not Required

Medical (and Non-Medical) Substitutions (Continued)

- ☐ Medical Statements:
 - ☐ Specify Food(s) to be Omitted
 - ☐ Specify Choice of Foods Safe to Substitute
- ☐ OSD Numbered Memo CACFP – 45.2

Record Keeping

○ Save **ALL** Documentation of
Creditable Foods Records

○ 3 Previous Years Plus the Current Year
